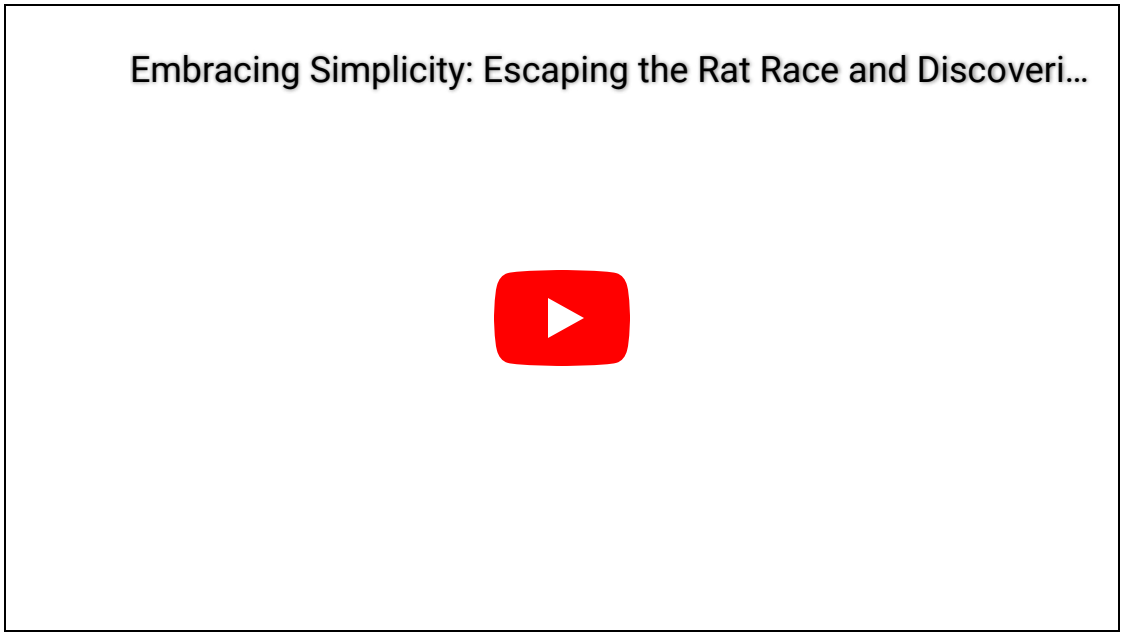
by **Deva Hardeep Singh** | ***Dharma Seeds Yoga Press*©** | 18 July 2023 |

Mindfulness: The key to escaping the rat race and finding inner peace, even if you're easily distracted

YOUR VOICE MATTERS! ❤️🧡💛💚💙💜 Your unique history, perspective, and passion are your most important gifts. You get to share these with the world by being mindful of your real self. When you are genuine and purposeful, your actions radiate positive energy to the world around you.

- **Unique history:** Everyone has a unique history that has shaped who they are today. This includes their upbringing, experiences, and relationships.

- **Perspective:** Everyone has a unique perspective on the world. This is how they see things and make sense of them.
- **Passion:** Everyone has something that they are passionate about. This is something that they are deeply interested in and care about.
- **Get in touch with your real self:** Mindfulness is about being present in the moment and aware of your thoughts, feelings, and bodily sensations. When you are mindful, you are more likely to be in touch with your real self.
- **Genuine and purposeful:** Being genuine means being authentic and true to yourself. Being purposeful means having a sense of purpose in life. When you are genuine and purposeful, your actions are more likely to be aligned with your values and goals.
- **Radiate positive energy:** When you are mindful, genuine, and purposeful, your actions can have a positive impact on the world around you. You can ripple positive energy out to others and make the world a better place.



https://youtu.be/ggEFWd8tdlA

Mindfulness practice helps you find your authentic self. This allows you to show up for others with something tangible and meaningful in each relationship or action

you take. The more you learn about yourself, the more prepared you will be as a neurodivergent person to be genuinely present for new relationships/encounters.

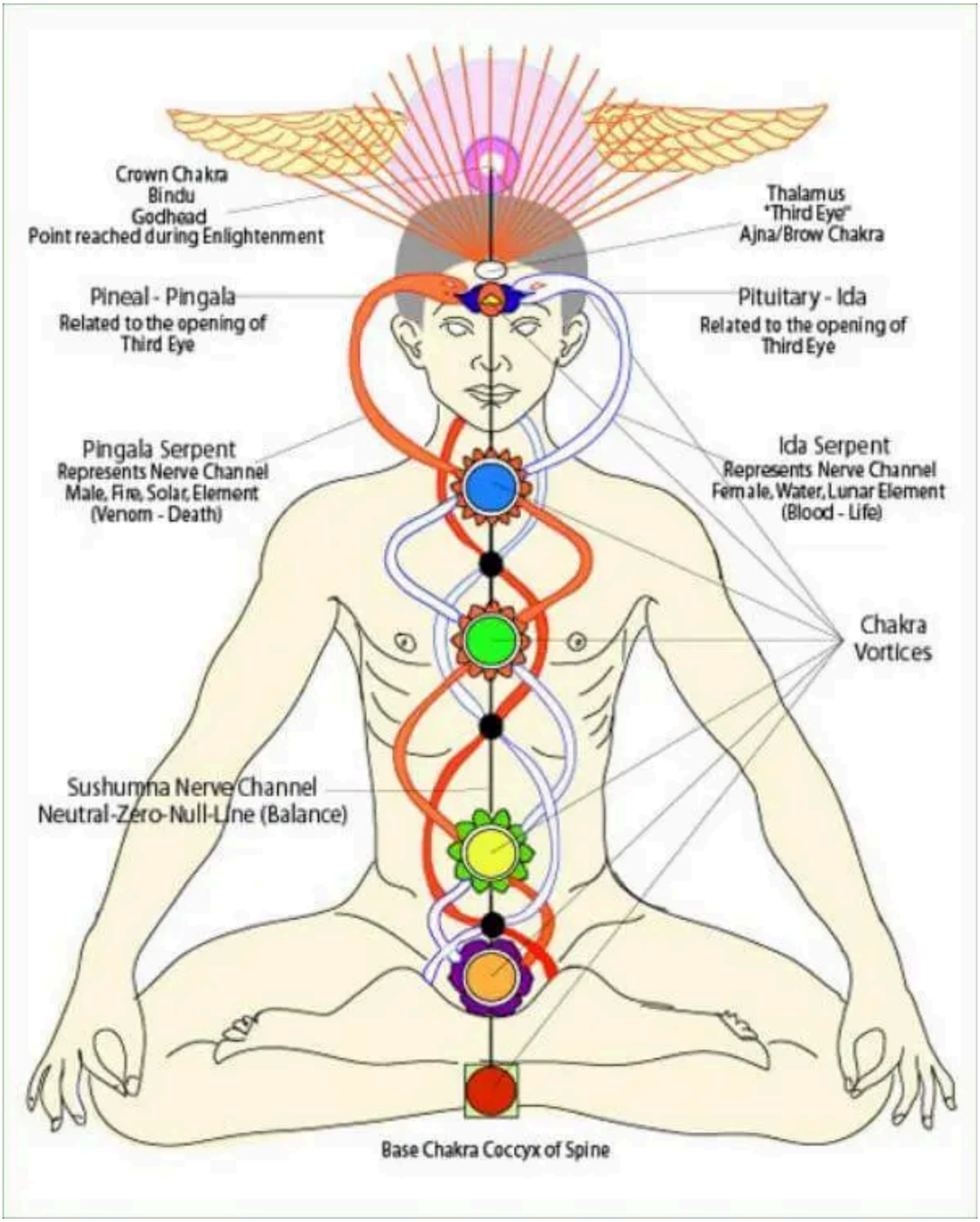
I developed borderline personality disorder in my teens due to trauma. I did not know who I was and easily adapted to become what I thought others wanted. This is inauthentic. When we are not aligned with our personal passions, we can limit ourselves from reaching our full potential. Sometimes I was more worried about others' reactions than speaking my own truth. Our true expectations should align with our goals. Expectations such as "You'll be the first to…", "You will do this", or "You'll become that", can cause us new trauma.

Here's a mind hack: When others speak to me in a way that's inconsistent with my personal goals, I feel like my boundaries have been violated. My PTSD could be triggered. But words others speak to us are just vibrations in the air. How can they hurt us? Well, they can at times, because we give them free real estate in our minds. Mindfulness helps us reach a point of awareness where we can control our minds with more love and compassion. Our core identity can be altered when we are influenced or manipulated without feeling safe and free to make our own decisions.

Permission to be true to who we are is a power that many try to influence. Self-confidence is a revolutionary force in and of itself. As neurodivergent people, we understand oppression. We should strive to mindfully explore how our intentions and perspectives can contribute to positive change in our community. After all, our ability to see, support, and empower others comes directly from our ability to offer these same gifts to ourselves. When we do this, it is called "Living Yoga On or Off the Mat."

- **Permission to be true to who we are:** This means having the freedom to express ourselves without fear of judgment or rejection.
- **Power right:** A power right is something that is essential to our well-being and that we have a right to.
- **Influence:** To influence someone means to have an effect on them.
- **Self-confidence:** Self-confidence is the belief in our own abilities and worth.
- **Revolutionary forces:** A revolutionary force is something that has the power to bring about radical change.
- **Oppression:** Oppression is the unjust or cruel exercise of authority or power.
- **Mindfully explore:** To mindfully explore something means to pay attention to it with awareness and without judgment.

Mindfulness helps us connect with our own unique pace and rhythm, which can help us build personal connection. We know that stress and trauma can have a negative impact on our physical and mental health. Neurodivergent people are especially vulnerable to the effects of stress, as our brains may process information differently than neurotypical people. Without a coping mechanism like yoga, we can experience chronic stress, which can lead to a variety of health problems. What we need is a centering practice that can help us manage stress and live more balanced lives.



Metaphysically within our body are the nadis, a type of circulatory system for the chakras. The nadis support the rising kundalini and connects the chakras. If blocked our body suffers. If open and flowing we are at our prime best.

The **three main nadis**, as seen in the image, are interlaced throughout the chakras. The **main channel, Sushumna**, is located in the center of the spine. The **left nadi, Ida**, runs along the left side of the spine, and the **right nadis, Pingala**,

runs along the right side of the spine. These three nadis intersect at the chakras, which are energy centers located along the spine.

Pranayama, or breathwork, can help to release blockages in the nadis. Asanas, or yoga postures, can also help to align the nadis and chakras. Additionally, changing support can help to improve the flow of prana through the nadis.

Ida is associated with the moon and feminine energy. It is said to carry cooling energy and promote introspection and intuition. Pingala is associated with the sun and masculine energy. It is said to carry warming energy and promote action and creativity.

Prana is the life force that flows through the nadis. It is essential for physical, mental, and spiritual health. By practicing yoga and other mind-body practices, we can help to keep our nadis clear and flowing, which can lead to improved overall health and well-being.

As you practice yoga, pay attention to your exhales. Allow yourself to explore your mind and body and identify thoughts and emotions that make you feel uncomfortable or compromised. Hold onto the support you have gained from studying the Yamas, which are the five ethical principles of yoga. These principles emphasize non-harming, truthfulness, non-stealing, moderation, and non-possessiveness. As you exhale, connect these thoughts and emotions to the breath. You may want to repeat a short mantra or mindful awareness to help you focus on the breath. For example, you could say to yourself, "With my inhale, I breathe in new energy and relief from this internal pain. With my exhale, I release that which is harmful to me." This practice can be done on or off the mat, whenever you are feeling overwhelmed by emotions. As you inhale, feel the coolness of the air entering your body. As you exhale, let go of any tension or stress that you are holding onto.

Pre-Caution

While engaging in any **yoga activities, always remember**:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

> **Always listen to your body and modify poses as needed.** Also review on our ***website***, our guidance on using Yoga for mental health purposes.

YOGA

Practice the following exercises that you feel comfortable in trying.

Discover the Nadis through these 10 Yoga Practices

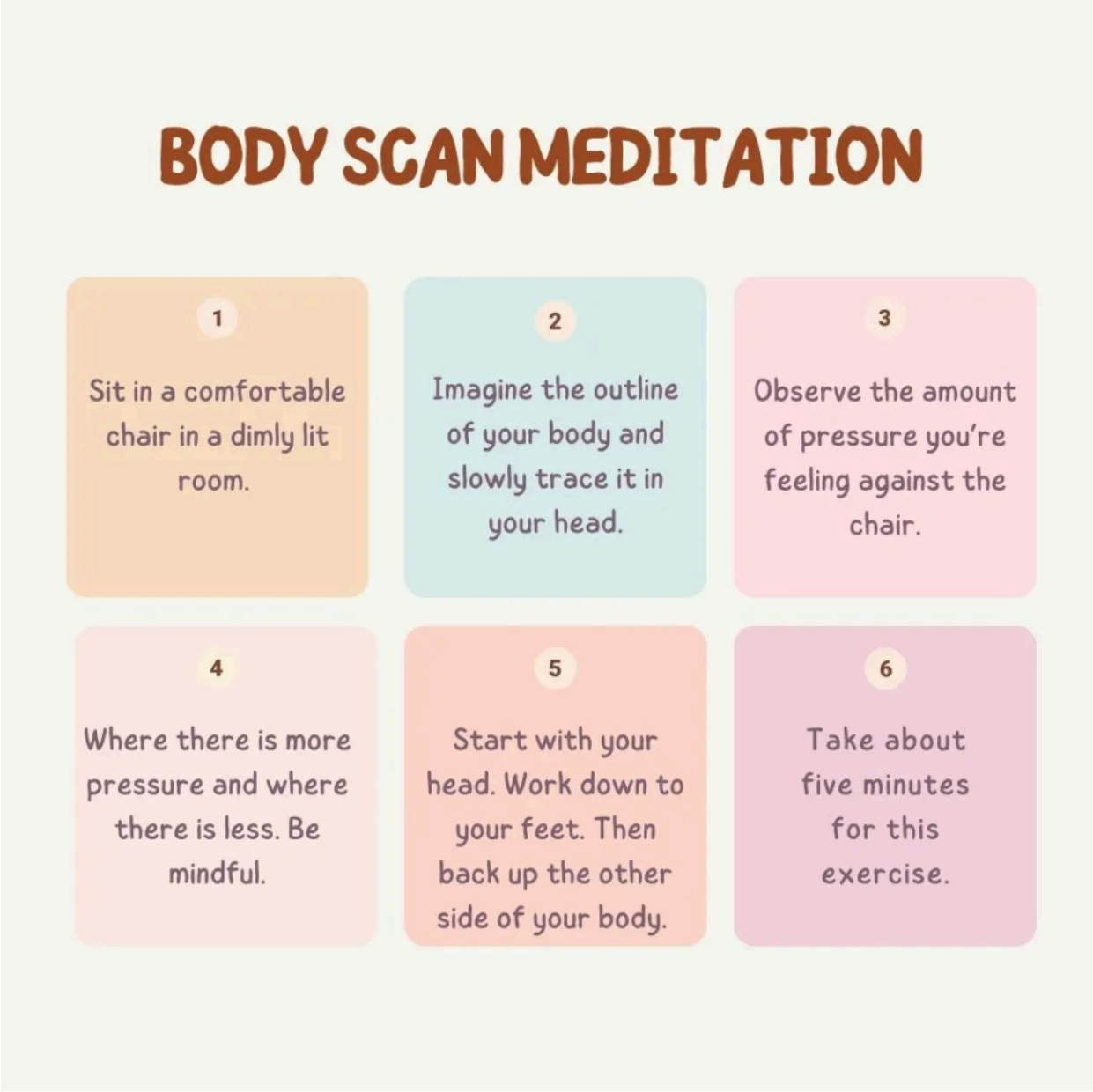
If you're familiar with yoga, you've probably heard of the chakras. But have you heard of nadis? Nadis are an equally important aspect of the subtle body. But it doesn't get too much recognition. The word nadi translates to "flowing water" or "river." These powerful rivers are believed to flow through our bodies. And sometimes, … Continue reading

YOGA PRACTICE 0

https://yogapractice.com/yoga/nadis/

Research

Resources


BODY SCAN MEDITATION
1
Sit in a comfortable chair in a dimly lit room.
2
Imagine the outline of your body and slowly trace it in your head.
3
Observe the amount of pressure you're feeling against the chair.
4
Where there is more pressure and where there is less. Be mindful.
5
Start with your head. Work down to your feet. Then back up the other side of your body.
6
Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.

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- **The National Center for PTSD: https://www.ptsd.va.gov/**
- **The Rape, Abuse & Incest National Network (RAINN): https://www.rainn.org/**
- **The National Alliance on Mental Illness (NAMI): https://www.nami.org/**
- **The American Psychological Association: https://www.apa.org/**
- **Prison Yoga Project – 200hr Yoga Teachgers Training: https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/**
- **In The Rooms (web based 12-STEP rooms**) **https://www.intherooms.com/home/**
- **National Institute of Mental Health**: **https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml**
- **Attention Deficit Disorder Association**: **https://add.org/**
- A**merican Academy of Child and Adolescent Psychiatry**: **https://www.aacap.org/**
- **StopBullying.gov**: **https://www.stopbullying.gov/**
- **The National Bullying Prevention Center**: **https://www.pacer.org/bullying/**
- **The Trevor Project: https://www.thetrevorproject.org/**
- **The National Institute of Mental Health: https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml**
- **The National Autism Association:** https://www.autismspeaks.org/
- **The Learning Disabilities Association of America: https://ldaamerica.org/**

You can also find a therapist in your area by visiting the Psychology Today therapist directory: **https://www.psychologytoday.com/us/therapists**

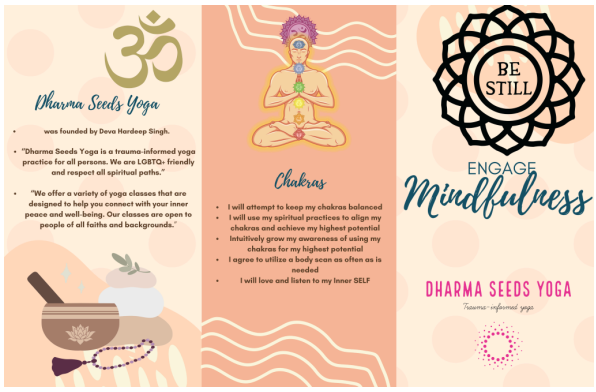
Sign up for our newsletter: http://eepurl.com/hQlzgL

Dharma Seeds Press bookstore: https://www.lulu.com/spotlight/dharma-seeds-yoga-press/

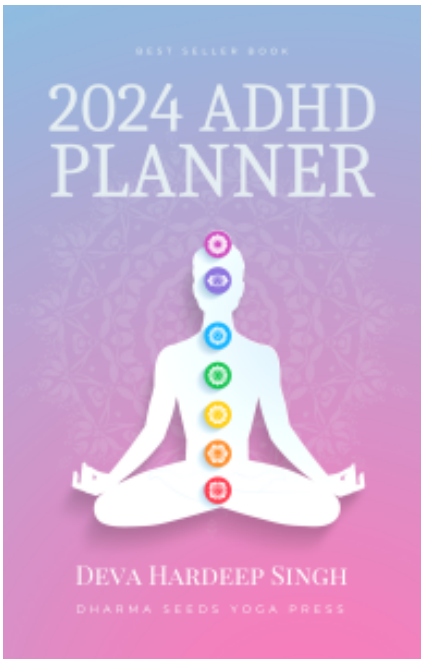
Deva's BoHo Shoppe

Dharma Seeds Yoga *brochure*

Join our Engage Mindfulness™ *Minds Martial Artist*™ program FREE


Dharma Seeds Yoga
was founded by Deva Hardeep Singh.
"Dharma Seeds Yoga is a trauma-informed yoga practice for all persons. We are LGBTQ+ friendly and respect all spiritual paths."
"We offer a variety of yoga classes that are designed to help you connect with your inner peace and well-being. Our classes are open to people of all faiths and backgrounds."
Chakras
I will attempt to keep my chakras balanced
I will use my spiritual practices to align my chakras and achieve my highest potential
Intuitively grow my awareness of using my chakras for my highest potential
I agree to utilize a body scan as often as is needed
I will love and listen to my Inner SELF
BE STILL
ENGAGE
Mindfulness
DHARMA SEEDS YOGA
Trauma-informed yoga

For more information on our Engage Mindfulness™ please email: **dharmaseedsyoga@gmail.com**



NOW FOR SALE

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

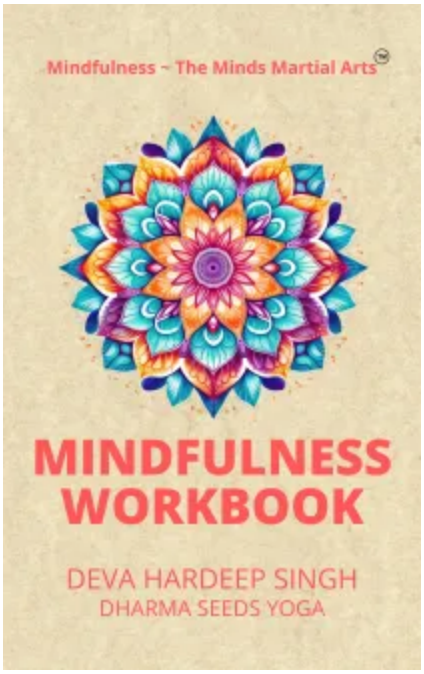
The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner: ·

- Mindfulness activities and exercises: The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being. ·
- Goal-setting: The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- Progress tracking: The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- Calming illustrations: The planner includes calming illustrations that can help you to relax and to focus. · Soothing color scheme: The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

View sample pages | **Buy Book Now**



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

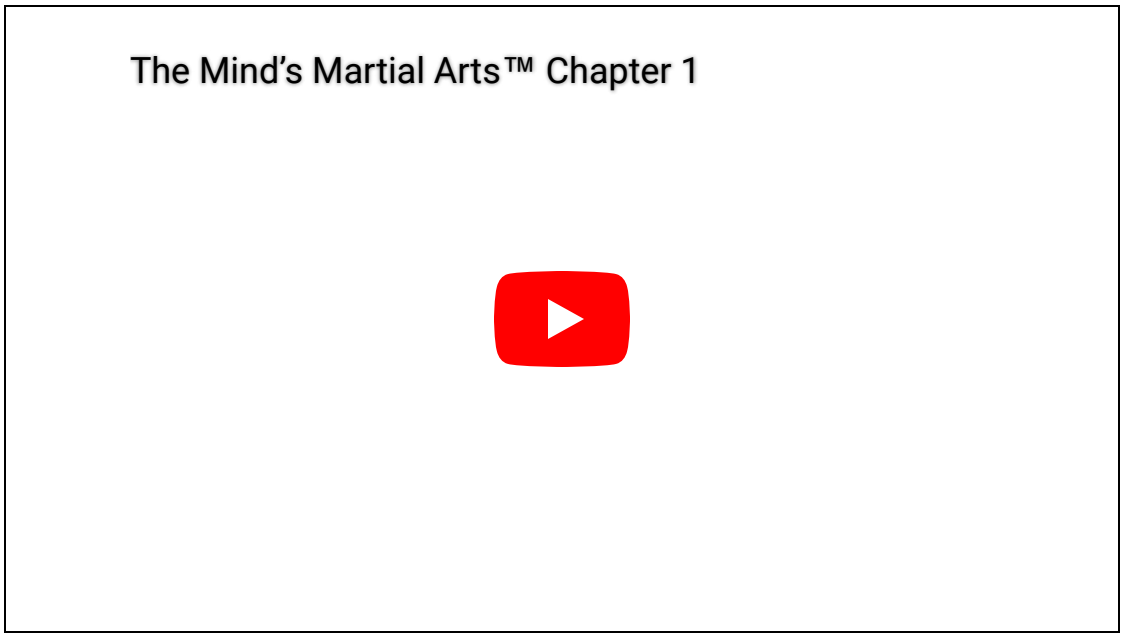
The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

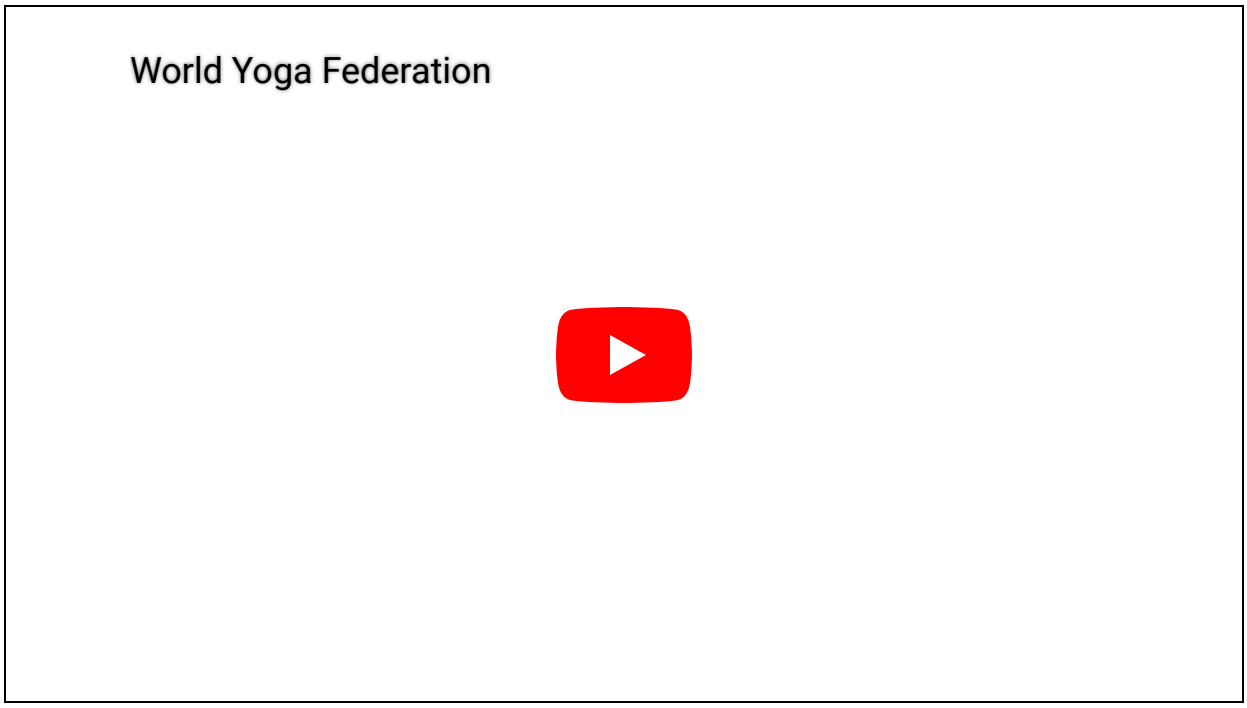
- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.





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Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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